Hello everyone and Happy National Military Appreciation Month! Don’t forget to take a moment and complete your Annual 2020 Senior Center of Leesburg Information and Satisfaction Survey for May of 2020 by copying this link https://www.surveymonkey.com/r/BWX2VSP, into your browser if you have received this electronically or if you have received the survey by mail, please return it to: The Senior Center of Leesburg, 102 North Street, NW, Suite B, Leesburg, VA 20176, Attention: Sue Depoy, by Friday, May 29th, 2020. Thank you.

Senior Trips Update

Registration for summer trips originally scheduled for May 20th will be postponed until further notice. Due to the uncertainty surrounding Covid-19 we are unable to provide a trips list at this time. A modified list of trips may be available after the Senior Centers re-open.

BLUEBIRD TRAIL NEWS

Our dedicated members, Eli and Carolyn are providing weekly monitoring of the six bluebird houses on the bluebird trail on the grounds of the Senior Center of Leesburg. Carolyn and Eli spent Earth Day picking up litter and checking on our Bluebird Trail while social distancing- staying six feet apart. I have good news. It appears that we have a Bluebird nest in Box 5 near the ballfield and a Wren nest in Box 2 by the parking lot. This weekly monitoring provides yearly data on the Leesburg Bluebird population to the Virginia Bluebird Society. Once we reopen, please feel free to join the weekly walk through the Bluebird Trail.

The Senior Center of Leesburg now has a Facebook Page. Copy the link below into your browser and check it out and please make sure to like our page!
https://www.facebook.com/leesburgsenior
Ingredients
- 4 cloves garlic
- 1 (14.5 ounce) can diced tomatoes
- 2 tablespoons olive oil
- 1 teaspoon granulated sugar
- 1 teaspoon balsamic vinegar
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper

For the pizzas:
- 1 pound pizza dough, at room temperature for 1 hour
- All-purpose flour, for dusting
- Finely ground cornmeal, for dusting
- 2 tablespoons extra virgin olive oil, divided
- 1/4 cup loosely packed fresh basil leaves, sliced into ribbons if large, divided
- 8 ounces fresh mozzarella cheese, sliced and divided
- 1/4 cup grated Parmesan cheese, divided

Directions
Arrange a rack in the bottom third of the oven. Place a heavy rimmed baking sheet upside-down on the rack, and heat the oven to 450°F.

Make the sauce: Place the garlic in a food processor fitted with the blade attachment and pulse until coarsely chopped, 2 to 3 pulses. Add the tomatoes and their juices, olive oil, sugar, vinegar, salt, and pepper and process until puréed or to desired consistency, 20 to 30 seconds; set aside.

Divide the pizza dough into two equal pieces. If the dough is sticky, dust with a little bit of all-purpose flour. Dust a 12-inch piece of parchment paper with cornmeal and place the dough on it. Use the heel of your hand to press the dough flat. Work from the middle out to shape it into a 10-inch round with your hands or a rolling pin. The dough will stick to the parchment; if it starts to shrink back, wait a few minutes to let it relax and continue shaping.

Brush the dough with 1 teaspoon of the olive oil, then spread 1/4 cup of the sauce into a thin layer onto dough, leaving a 1/2-inch border. Carefully remove the preheated baking sheet from the oven and use the parchment paper to slide the pizza onto the back of the baking sheet.

Bake for 4 minutes. Top the pizza with half of the mozzarella, leaving some space between the slices. Bake until the crust is golden brown and crisp and the cheese melts, 6 to 7 minutes more.

Remove the pizza from the oven. Immediately drizzle with 2 teaspoons of the olive oil. Scatter half of the basil on the pizza and sprinkle with half of the Parmesan. Cool for 2 minutes before slicing and serving. Repeat with the remaining dough and toppings.
FOOD: If you are in need of a lunch meal or food in general, please call the center at 703.737.8039, so that we can assess the situation and figure out the best way to meet your needs.

Loudoun County Department of Family Services-Emergency Food Delivery-Information and Referral Line: 703.777.0420 (for Loudoun County Residents)

FOOD FOR THOUGHT!

Are you interested in some reading materials or movies? Loudoun County Public Library is providing front door/DVD book delivery!

Over the past few months LCPL’s Rust Library in Leesburg has collected many book/DVD movie donations and would like to share those with you. Books and DVD’s will be separated into genres and placed in bags. (As a precaution, LCPL staff separating books/DVD’s will wear gloves when handling.) Book/DVD drop offs will be left at your front door/porch and since these are donated books and DVD’s, no returns are necessary!

Please let us know what genres you are interested in by sending an email to sue.depoy@loudoun.gov. Book/DVD deliveries will be once a week.
# Self-Care Bingo

**Mindfulness for our stay at home journey**

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<tr>
<td>Meditate</td>
<td>Keep a Journal</td>
<td>Write a Poem</td>
<td>Dance</td>
<td>Take a Warm Bath</td>
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<tr>
<td>Help Someone</td>
<td>Eat Chocolate</td>
<td>Make a list of your favorite quotes</td>
<td>Go for a walk and listen to the birds sing</td>
<td>Take a nap</td>
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<tr>
<td>Listen to calm music</td>
<td>Declutter your space</td>
<td>FREE SPACE</td>
<td>Massage</td>
<td>Crafting or any artistic expression</td>
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<td>Read a short novel</td>
<td>Stretch</td>
<td>Drink Green Tea</td>
<td>Cook for Yourself</td>
<td>Hug a loved one</td>
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<tr>
<td>Call an old friend</td>
<td>See and Smell the flowers</td>
<td>Do Yoga</td>
<td>Celebrate any small achievement</td>
<td>Watch a stimulating talk</td>
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**ODD ONE OUT**

___________ is the odd one out because all the others _____________

___________ is the odd one out because it's the only one that _____________

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Swimming Googles  
Iron  
Laptop  
Wheelie Bins

There is no “right” answer! The answer is whatever you decide it is!
If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (FaceTime or by phone) over coffee with Lori.

To be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

To sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583

While we do not have a date to reopen the centers (and it could be a little while), we are currently in the process of planning for how to best roll out our programs, activities and classes while mindful of everyone’s safety and well-being.

When we do reopen, we will likely be incorporating safety measures such as social distancing (6 feet apart), and limiting numbers of people allowed in certain rooms at one time. Our ultimate goal is to offer as many services as possible with the most sensible safety measures.

You are an important part of this planning process, so we would like your input and/or suggestions as we plan. If you have suggestions and/or ideas on how we can best maintain everyone’s safety while offering your favorite activity, please share those suggestions via email to Sue Depoy at sue.depoy@loudoun.gov.

This is your center, so we want you to have as much input as possible in the changes that will be taking place as we plan to reopen. The staff will make our plans based on state, county and department guidelines we must follow while incorporating as many of your ideas and input as possible.

Thank you. We look forward to hearing from you.

“What you do makes a difference, and you have to decide what kind of difference you want to make.”

-Jane Goodall
**Line Dance with Vinny**

Below is a video I put together for our class in hope that you’ll get motivated to move around, dance a little and hopefully have some fun. My hope is to do one each week with different dances, probably listed to 4 dances. Hope you enjoy. Please copy the link below and paste in your browser if you would like to enjoy.

Leesburg, Fri. AM beginner class. Last week, then this week:

https://youtu.be/m9Zj9K0oPFg
https://youtu.be/XujYRGPOeWg

Vinny

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**PROCLAMATION**

Older Americans are cherished and invaluable members of our society, deserving our utmost respect, gratitude, and admiration. During Older Americans Month, we pause to draw upon the wisdom, spirit, and experience older adults bring to our families, our communities, and our Nation.

DONALD J. TRUMP, President of the United States of America, by virtue of the authority vested in the Constitution and the laws of the United States, proclaimed May 2020 as Older Americans Month.

Also, the Loudoun County Board of Supervisors adopted a Proclamation commemorating May 2020 as Older Americans Month, as well.

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**COVID-19 INFORMATION**

More information about COVID-19 update can be found online by going to: www.loudoun.gov/coronavirus

If you do not already receive email from us please contact the center at 703.737.8039, to add your email address to the distribution list so that you can receive the e-newsletters and stay connected. You may visit our website (to view the e-newsletter) at: [https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg](https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg)

*Please stay informed, Stay Safe, Take Care of Yourself and check in on each other.*

*We miss you and we care about you, Erik, Cheryl, Sue, Joanna, Diane & Dave*